



The Parkwood Post

Senior Living Apartments • Villas • Patio Homes For Sale

Fall Birthdays

Remember to wish these residents a Happy Birthday!

RESIDENTS

- 10/2 Linda E.
- 10/2 Carol Ann M.
- 10/7 Betty S.
- 10/8 Rosemary A. G.
- 10/17 Elizabeth H.
- 10/17 Judy R.
- 10/24 Charles K.
- 10/25 Frederick B.
- 10/25 Marion S.
- 10/26 Marian S.
- 10/30 Nancy L.
- 10/31 Phyllis C.
- 10/31 Jane H.
- 11/11 Janice S.
- 11/2 Robert C.
- 11/2 Rose P.
- 11/3 Betty W.
- 11/4 Gary N.
- 11/17 Patricia S.
- 11/17 Joan S.
- 11/24 Michael S.
- 11/25 Dieter P.
- 11/27 Kathy R.
- 12/3 Gail K.
- 12/4 Mary F.
- 12/8 Jim T.
- 12/8 Diane S.
- 12/15 Elizabeth M.
- 12/18 Nancy G.
- 12/23 Leonard S.
- 12/25 Margaret S.
- 12/28 Gerard C.
- 12/31 Barbara C.

PATIO HOME RESIDENTS

- 10/6 Elaine F.
- 10/14 Joan H.
- 10/26 Terrence B.
- 10/28 Donald W.
- 10/29 Barbara W.
- 11/3 Karen M.
- 11/10 Anne S.
- 11/10 Mary Lou A.
- 11/15 Don A.
- 11/23 Helene B.
- 11/23 Phoebe M.
- 12/7 Nancy K.
- 12/10 Jean W.
- 12/19 Carol W.
- 12/23 Frank H.
- 12/31 Kathy T.

Progress Continues...

Who would have ever thought that 2020 would bring on times such as these? Surely none of us could have foreseen such a year! Despite COVID-19's best efforts we continue to move forward with our Phase II villa construction. The pandemic did slow us down slightly early on due to circumstances beyond our control, but since then we have been moving this project forward. We are anxious to provide more new, luxurious, and safe places for the 50+ population to live and be a part of the Parkwood Family. We recently finished the 11th duplex which has already welcomed its new residents who are enjoying this maintenance free lifestyle. Building 12, 13 and 14 are all under construction and at various stages in the construction process. We expect to complete Building 12 and 13 by the end of the year and 14 shortly into 2021. We have all three floor plans in process to accommodate whichever you desire. Now would be a great time to be a part of this growing new phase and enjoy maintenance free living at its finest.



Taking Care of Your Mental Health in a Pandemic

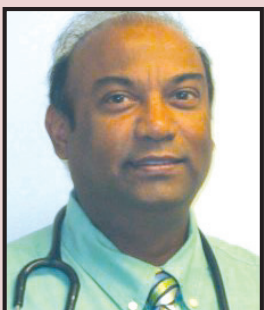


This has been a strange year, and the COVID-19 pandemic has made life very stressful for many people. In the midst of isolation and concern, it's easy to feel overwhelmed and anxious. Sometimes isolation is necessary, because it's important to slow the spread of the virus, but it's equally important to find ways to manage our mental health.

So how are you feeling? During this time of uncertainty, people are reporting different feelings of stress. You might be worried about your health or the health of your loved ones, or about your financial situation. You might experience difficulty sleeping or concentrating, or a change in eating patterns, and you might feel physically and mentally drained. You may find chronic health problems worsening, or you may feel anxious, powerless, or frustrated. It's easy to feel impatient and irritable and worry about the future. All of these feelings are normal and to be expected, but there are some steps you can take to increase your resilience and feel better.



- **Turn off the news.** Of course you want to stay informed, but a 24-hour news cycle makes just about everyone feel tense. Make sure you're getting information from reliable sources that aren't sensationalistic, and limit how much news you take in each day.
- **Give yourself some downtime.** Try to do activities you enjoy each day, making time to unwind. Remind yourself that this situation is temporary, and so are your anxious feelings.
- **Take care of yourself.** Eat a well-balanced diet, get plenty of sleep, and move your body regularly. Make sure you're breathing deeply, and take time for stretch breaks. Meditate to calm your mind, and consider trying yoga to help you relax. Taking care of your body will help boost your immunity and improve your frame of mind.
- **Consider keeping a journal of your worries.** By doing a "worry drop" each day, you can reduce your anxiety. Write down all of your fears until you start to feel better. Then make a list of what's going well to remind yourself that not everything is bad.
- **Stay connected.** Being socially distant doesn't mean you have to be all alone. Find creative ways to connect with others, whether that's socially distant walks with neighbors or phone calls and video chats with your loved ones. You might write emails, or you might write good old-fashioned letters and cards. It's also good to stay connected with community and faith-based organizations.
- **Be prepared to be flexible.** Classes and events may be cancelled. You may not be able to see people you'd planned on seeing. Mentally prepare yourself for your own lack of control over these things and find ways to keep things as consistent as possible, focusing on what you can control. Take reasonable precautions to stay safe and again, remind yourself that the pandemic is not going to last forever.

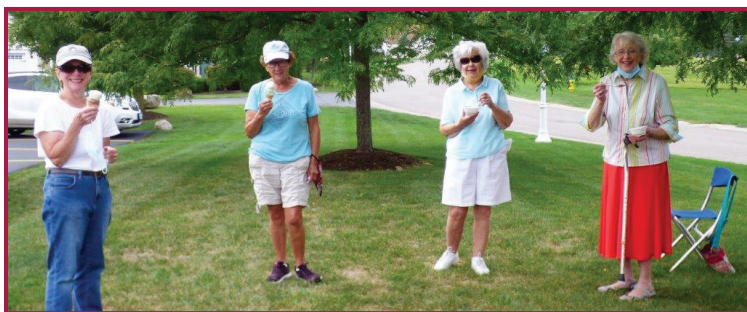


The Doctor is in...

Please call the Medical Center at 315.589.4641

When scheduling, please specify that you would like an appointment at Parkwood Heights

**On-Site
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Service**



Thanksgiving

WORD SEARCH

R V H V C S E P N W A T T X M
 B E A A Q P I A P M H U X I B
 K L N U R L U G H A M R D V U
 G R A N G V N M N G E K S L T
 S S F R I I E K P D S E B R E
 H R I K F D S S I K I Y I E A
 A M E F W G E C T R I A W W F
 S P U V I A I P O C U N R O C
 N T I V O Z H M D K O A S L T
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 J N H I L M F R I E N D S Y E
 G C X E V E A E D L C K S A L
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| DINNER | FAMILY | FOOTBALL |
| FRIENDS | HAM | HARVEST |
| LEFTOVERS | MAYFLOWER | MEMORIES |
| NOVEMBER | PIE | PILGRIMS |
| PUMPKINS | SQUASH | STUFFING |



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